

CUT SUGAR WITH *Splenda* TO REDUCE CALORIES

Recommended Daily Limit



Average Daily Intake

17 tsp per day²



Iced Latte



16 fl oz

Yogurt



Glazed Pecans



One serving per day over 65 days



8,500 calories
11 cups of sugar



0 added sugar

4,250 calories
5.5 cups of sugar

0 added sugar

5,400 calories
7 cups of sugar

0 added sugar

18,000 calories
24 cups of sugar
5 lbs body weight

Why Reduce Added Sugars?

Reduce risk for...

- Excess weight gain
- Prediabetes, T2 Diabetes
- Blood sugar spikes
- Cardiovascular Disease³⁻⁴

Kickstart Weight Loss for Health Benefits

- Lower A₁C
- Protect Heart Health
- Lower risk of long-term complications⁶

¹ American Heart Association (AHA). Added Sugars. <https://www.heart.org/en/health-topics/diet-and-nutrition/healthy-eating/eat-smart/sugars/added-sugars>. Updated on 08/02/2024. Accessed on 07/17/2025.

² Center for Disease Control and Prevention (CDC). Get the Facts: Added Sugars. <https://www.cdc.gov/media/releases/2015/s0811-added-sugars.html>. Updated on 01/05/2024. Accessed on 07/17/2025.

³ Iqbal-Haniffa JB, Jeyaraj L, Vaidyanathan M, et al. 2021 Dietary Guidelines to Improve Cardiovascular Health: A Scientific Statement From the American Heart Association. *Circulation*. 2021;144(25):e472-e487. doi:10.1161/CIRC.0000000000001091

⁴ Hope-Warshaw, Steven Y. Carotenoids, Proximal Stooling, and the Role of Added Sugars Consumption in Supporting Glycemic and Weight Management Goals. *Clin Diabetes* 1 January 2021; 39 (1): 45-56. <https://doi.org/10.2337/d428-0014>

⁵ American Diabetes Association Professional Practice Committee. 8. Obesity and Weight Management for the Prevention and Treatment of Type 2 Diabetes: Standards of Care in Diabetes-2025. *Diabetes Care*. 2025;48(1 Suppl 1):S167-S180. doi:10.2337/d425-0008

⁶ Center of Disease Control and Prevention (CDC). Diabetes Complications. <https://www.cdc.gov/diabetes/complications/index.html>. Last Updated 05/15/2024